WILL INVADE RICHMOND

Jefferson To-Day in Annual

Actor-Other Speakers to Talk.

Suffragists from every section of the State, representing sixty-nine leagues.

ACTING MAYOR ADAMS

a business one. The minutes of the last convention will be read, the various

man, Who Leaves Half of Residuary

Estate Valued at \$5,000,000.

mated at \$5,000,000, shall be used for the establishment of a home for the

aged "who have been in good circum

Railroad Is Chartered.

RALEIGH, N. C., December S.—The Alaska Valley Railroad Company, Bry-

Hopes Women Will

Adopt This Habit

Glass of hot water each morning helps us look and feel

clean, sweet, fresh.

As Well As Men

Special to The Times-Dispatch.]

Convention.

SUFFRAGE ARMY OF 200

Useful Hints

Woman and Home

Ethical

Talks

Why Baby Doesn't Walk Brain Has to First Decelep

Many parents believe that the reason a baby does not walk sooner is because his legs are not yet strong The truth of the matter is that the bones and muscles in a baby's limbs are often developed sufficiently to permit walking long before he takes his first step. The reason he does not walk as soon as he has the necessary physical-trength is because there is no thinking brain to tell his muscles what to do.

At birth a baby's brain is far from being in as complete working order as the rest of his body. From a year to eighteen months, and in some cases at even longer time, must clapse before his brain is capable of directing con seious, voluntary movements, such as walking.

Yawning when bored, moving the foot when tickled, coughing, successed laughing, crying, squirading and other things a buby does are what are knows as reflex actions. They are the reaponacs to some imperceptible irrita tion of nerves ending in the spinul cord, and are no indication of intelligence or a lack of it.

Walking and other voluntar; move-ments can be accomplished only when a path of communication is established between the spinal cord where the redex actions are controlled and the upper or thinking part of the brain, This path is known as the "pyramid It extends from the medulla oblongata at the top of the spinal cord to the cerebrum way up inside the

When a baby is born this important little pathway is not yet open for traffic. The little nerve fibres which compose it are all in place, but they are unable to transmit any message between the upper and lower parts, of the brain because they have not yet

Hot Baths By Antoinette Donnelly .

girl I know complained contin-

Antoinette Donnelly's Answers.

overweight still a growing girl, and have several years of school work before you, I should not think of reducing in any way if I were you. I ain sure when you are eighteen or nineteen and are thin, pale and worn out from your strengous work in school and the confinement of n achoofroom, you will give anything in the world for those precious seven pounds you are so exercised about now and are making such an effort to dispose of.

Ada-It would not be so harmful as Ada-It would not be so harmful as if you would be unconfortable to put your hair up in life curiers every night. Why don't you use a curling fluid and this will save your using fluid and this will save your using fluid will keep your hair pretty and wavy for two or three days. Would you like me to send you my formula? Just send me a stamped, addressed envelope.

Josephine—Good enercises for developing the arms are sweeping. lifting weights, swinging Indian clube and using dumbells. A gentle massage with warm coom butter is also beneficial. There is absolutely nothing you can do to make your feet or hards smaller. Keep your hands in good condition, your mails nicely manisured and your feet well groomed, and their apparent largeness will not be noticeable.

C. L. T.—Dancing is an excellent exercise for developing the legs and
thighs. Gynasium dancing is particularly beneficial for physical development. You can also try this simple
exercise; rise on tipoe; hold this position a few seconds, then lower the
body. Do this alternately, first with
one foot, then with the other, and
finally with both. Practice this exercise for twenty minutes night and
morning. Yes, I have instructions for
keeping the neck young and beautiful.
I shall be glad to send them to you
if you will send me a stamped, addressed envelope. dressed envelope.

Elizabeth-About the only Flizabeth—About the only thing you can do to efface the wrinkles is to massare your face daily with a good skin food. It may take months, so do not lose courage. Build up your general health by getting lots of fresh air sels, as illustrated, are of fur.

Last Word in Beauty A Stylish Cossack Costume



A most practical outdoor costume developed their nerve sheaths. The is of Russian persuasion. When denerve fibres as insulators do to electivith sealskin, sable or skunk this tric wires

Not until the beginning of a child's style, layury and board. The different state of the Cabinet and trimmed are busy shopping this week, as it has been agreed to give individual presents to Mrs. Norman Galt, President of the Cabinet and trimmed are busy shopping this week, as it has been agreed to give individual presents to Mrs. Norman Galt, President of the Cabinet and trimmed are busy shopping this week, as it has been agreed to give individual presents. ic wires.

Not until the beginning of a child's style, luxury and beauty. This lovely son's flancee.

Cossack costume is the epitome of style, luxury and beauty. This lovely son's flancee.

Cossack costume is the epitome of to Mrs. Norman Galt, President Will address.

The morning session will be chiefly son's flancee. fifth year is the line of communication suit for street wear is of broadcloth with his thinking brain in full operation with scalskin. Note the new

and exercise. Be careful of your diet, get lots of sleep and rest, and guard against constipation. I shall be glad to send you my formula for ekin food if you will send me a stamped, addressed envelops.

The Cabinet people and send personal tokens of friendship.

A number of presents have arrived at the White House, but have been sent to Mrs. Galt, as precedent does not allow the President to accept presents will deliver an address of welcome on behalf of the Equal Suffrage League of Richmond, to which Mrs. W. T. Yancey, of Bedford, will respond on behalf of the State unless he leaves them at the mansion at the end of his term.

A girl I know complained continually of being "too tired to move" She went to her doctor recently and he diagnosed her case as "too much hot bath." She took a bath every night he water as hot as she could stand it.

A hot bath, when it exceeds 192 to 104 degrees, should not be taken without advise. A perfectly healthy person will probably not suffer serious injury from the hot baths, but they are not good for many people. If your constitution is not strong, if your health is greater the strain on the hose, and the some the hote will give out.

In health the degree of blood pressure, the some the hote will give out.

In health the degree of blood pressure that the pressure hardened, great harm may be done by the hot baths. The hot bath dilates the surface vessels and draws the shlood from the internal parts. In this way anaemin of the brain and faintness are threatened.

When you get into a hot bath your column of the brain and faintness are threatened.

When you get into a hot bath your column of mercury 127 millimeters pulse is quickened, your veins swell, your face becomes fushed, sometimes your brain becomes congested and you health becomes fushed, sometimes your brain becomes congested and you get into a hot bath your comminded life on ward life insurance to long you are weak for the whole day. And if ho baths are taken too frequently they produce permanent enervation.

A hot bath is good for a chill or the blood pressure life or more in persons past middle age, yet they seem to be absolutely well.

exercises or a long journey it is refreshing and soothing. The warm bath
is preferably taken at hight and tre
bather should go at once into a warm
bed. However, if you must take it
in the dely tiple, you should follow it
with defined, cold sponge or a cold
shower of short duration.

A topid bath (80 to be degrees) is
sometimes perfectly to the warm.

A topid bath (80 to be degrees) is
sometimes perfectly to the warm.

A topid bath (80 to be degrees) is
sometimes perfectly the top warm.

A topid bath (80 to be degrees) is
sometimes perfectly the top warm.

Instance of the mercury column a dial
minimiseter may be used.

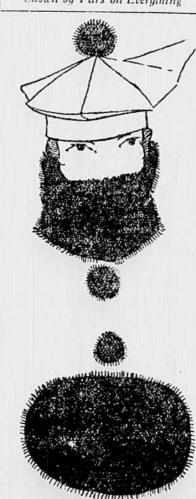
A topid both (80 to 90 degrees) is sometimes preferable to the warm bath and almost as cleansing.

If, after a cold bath your hunds or feet are numb, if you feel heavy, dull and depressed, if you have headache or general chilly feelings y a should step the cold bath or raise its temperature. There are any number of manometer says—and that is your people for whom cold baths are not blood pressure. As simple as feeling your rules but the manometer says—and that is your people for whom cold baths are not blood pressure. As simple as feeling your rules but the manometer says—and that is your people for whom cold baths are not provided. As simple as feeling your pulse, but incomparably more ac-

curate.

Arterial hardening (arterio-sclerosis) B. Padgett.

Silhouette Effect Shown by Furs on Everything



Apple Preserves

Make a strup of one pound of igar. To one-half plut of water sugar. To one-half plut of water add the thin outer rind and Juice of one lemon. Let boil briskly five minutes. Drop the quarters of apple into the sirup and cook gently until clear, then set uside to cool. When cold transfer carefully to jars. Boll strup down, pour over apples and sent jars tightly.

- will meet this morning at 11 o'clock' will show itself early in a rise of pres- at the Jefferson Hotel for the fifth ausure over the normal. Kidney disease, certain toxic or auto-toxemic states, will increase blood pressure markedly, for instance pressure markedly. This is with the opening session is called to for instance, uraemia. This is why the order this morning, something like 200 expectant mother should have her blood followers of the militant yellow banner pressure measured occasionally if she are expected to be in the city. It will be the first State equal suffrage conversive appropriate formula and vention ever held in Richmond. excessive quantities of meat in the diet Preparatory to getting down to real will raise blood pressure. Tobacco, alcohol, lead poisoning and certain chronic infectious diseases likewise mittee will submit the results of this results of this control of the contr elevate the pressure above normal, and session to the convention for ratification. help to wear out the arteries.

A man is as old as his arteries and dist day, from the viewpoint of the a woman as old as she looks, and we public, will be the mass-meeting to be determine age in the medical sense by held to-night at 8:15 o'clock in the determine age in the medical sense by the measurement of the blood pressure with the sphygmo-manometer. Part of the annual physical examination which every man over thirty should have, if he values his body as highly as he values his automobile or his watch, is the blood pressure test. It will tell him whether he is living beyond his physical means.

Held to-night at 8:15 o'clock in the Jefferson Auditorium, when Mrs. Befureson Auditorium, when Mrs. Befureson Forks-Robertson Hale, of New York, will be the principal speaker. Mrs. Hale, who is a niece of the well-known English actor, Sir Johnston Forbes-Robertson, has gained a reputation on the lecture platform, both in this country and in her native land. Her subject will be "The Need for Woman Suffrage."

CABINET WOMEN TO GIVE INDIVIDUAL PRESENTS The meeting will be opened with brayer by Rev. W. C. James, D. D., baster of the Grove Avenue Baptist

Many Members of Senate, House and Supreme Court Also Will Send

[Special to The Times-Dispatch,] Washington, December 8.—The tembers of the Cabinet and their ways.

It has been definitely decided that the House, the Senate and the United States trimmed with seaskin. Note the new full-back roat. The coat has a velvet foolish, but crue, to expect 85, a child anything involving will power.

Trimmed with seaskin. Note the new full-back roat. The coat has a velvet gifts, but many will follow the lead or the Cabinet people and send personal tokens of friendship.

Supreme Court will not make joint gifts, but many will follow the lead or the Cabinet people and send personal tokens of friendship.

Secretary Lansing has been requested by Dr. A. J. DeOliveria, a delegate from

And if hot baths are taken too frequently they produce permanent energy attor.

A hot bath is good for a chill or when a cold is coming on, for it relieves the lungs and other organs.

The warm bath is no to too degrees. The bath for cleanliness. After fatigning and soothing. The warm bath is preferably taken at night, and the fatigning and soothing are a discretized whole planed or ticd about the special to The Times-Dispatch.]

[Special to The Timeslend his best efforts to assist the farmer in securing credit on a better basis and avoid excessive interest charges. Air. Class was given a warm reception in the convention, his address being loudiy applauded at times, and a rising vote of thanks was extended at the conclusion.

The convention committees are: The convention committees are:

organization—Charles F. Smith, construction of twelve miles of rail-charles F. L. Pugh, J. E. James, road, from Bryson City, on the Murphy Constitution and by-laws—George I. Bowles, chairman; J. W. Cawthorn, t. F. Bower, George A. Lambert, S. by Arthur Brooks and others.

R. F. Bowe E. Vaughan. Credentials—R. Lee Chambliss, chair-nan; E. B. Keeley, T. A. Schubert, M.

Order of business-George H. Bowles, chairman: B. Morgan Shepherd, H. M. Press-D. M. Blankenship.

Press—D. M. Blankenship.
Farm and home demonstration work.
—Dr. George C. Faville, chairman; C.
M. Gordon, O. W. Conemhaver, H. S.
Daniel, J. L. Meadors.

Topics for discussion in local and
county unions—A. B. Jenkins, chairman; W. M. Carpenter, L. E. Coleman,
Henry Gibbs.

Education—R. F. Bower, chairman;
H. A. Friendenstein, J. W. Sadler, A.
E. Durrett.

Marketing peanuts and trucking- re-

Marketing peanuts and true and gion products—J. B. Jones, chairman; W. H. Hawkes, C. C. Warner, D. R. Butler, W. A. Irvin and W. E. Murphey, Rural schools—E. N. Helsabeck, R. D. Pulley, chairman; C. T. Johnson, S. D. Pulley. L. Phillips.

Breeding and feeding live stock—J Brame, chairman; A. L. Snavely, W. Woolfolk

T. Woolfolk.

Dairying and cheese making—S. S.
Teel, chairman: A. W. White, W. E.
Ramsey, Lester F. Bowles, J. G. Bailey,
G. T. Bondurant, D. B. Harris.

Fruit growing and marketing—J. L.
C. Anderson, chairman: J. J. Falson,
T. A. Schubert, J. J. Cole.

Paper as official organ—R. Lee
Chambliss, chairman: John Kolar, G.
A. Elean,
Danking and rural credit—E. B.
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Banking and rural credit—E. B. Keeley, chairman; John D. Dvorak, Dr. Edgar Eggleston, J. T. Tucker.
Game and wild life protection—R. C. Hart, chairman; P. W. Ackiss, W. H. Bright, A. B. Gill.
Marketing live stock—R. I. Wiley, chairman; S. W. McChesney, J. W. Riddle, W. L. Kirby, R. D. Wilson.
Baral telephones and insurance—D. M. Gannaway, chairman; J. O. Blalock, W. P. Payne, R. P. Bryant.

Marketing tobacco—E. T. Bondurant, Marketi

Marketing tobacco—E. T. Bondurant, chairman: D. S. Bray, F. L. Rice, C. R. Dann, P. L. Alexander, W. F. Ver
B. Dann, P. L. Alexander, W. F. Ver
B. M. Capper

Those subject to sick neathable, imas time, colds; and particularly those who have a pallid, sallow complexion and who are unged chine Dress.

Roads—W. P. Smith, chairman: W. P. Millner, E. C. Eversole, R. W. Willerson, A. F. Treakee.

Co-operation and marketing home products—W. H. Elcan, chairman: G. L. Burleson, W. T. Collins, P. L. Hurd, T. H. Rector.

T. H. Rector.

a pailid, sallow complexion and who are constipated very often, are urged to obtain a quarter pound of limestone phosphate at the drug store which will cost but a trifle, but is sufficient to demonstrate the quick and remarkable change in both health and appearance awaiting those who practice.

\$15.00 for Taffeta and Crepe de Chine Dresses, in old rose, pink, blue and green, satin girdle, lace yoke.

\$19.75 for Georgette Crepe Dresses, in pink, white and flesh; beautiful lace yoke.

L. Craft, C. A. Keck, Wade E. MacDonald, T. E. Thomas.
Good of the order—Tames H. Quisenberry, chairman; J. S. Weaver, T. D.
Shupe, S. T. Newman, Frank Neister.
Internal sanitation. We must remember that inside cleantiness is more important than outside, because the skin does not absorb impurities to contaminate the blood, while the pores in the thirty feet of bowels do.

\$24.75 for lovely Net Dresses, made over accordeon-plaited crepe do chine, in Nile, maie, light blue, pink and white.

To Address Suffragists



MRS. FORBES-ROBERTSON HALE

MRS. COLEMAN'S WILL FOUND IN OLD CLOCK Her Estate Already Had Been Divided

Up Among Various Heirs—They Will Contest. [Special to The Times-Dispatch.]

ORANGE, VA. December 8 .- A will of more than unusual interest was put report of the press secretary, Miss Mary Day Winn, will be read. on record at the clerk's office here or Monday, Mrs. Emma D. Coleman, of Following the State convention, this county, died in August, leaving which will continue through to-morrow. an estate valued at \$10,000, and no the Southern States Suffrage Conference, of which Miss Jean Gordon is will could be found. Sheriff W. C. Bond will could be found. Sheriff W. C. Bond was appointed administrator of the estate, which was divided between Ed-ward T. Brockman, Mrs. Abel Daniels, brother and sister of Mrs. Coleman, and Mrs. Mattie Simms, a half-sister. At the sale of household goods Mr. Brockman nurchased on additional president, will convene Saturday morning for a three-day session. Fifteen States will be represented. HOME FOR WELL-TO-DO AGED ockman purchased an old clock for cents. A clock mender to whom took it discovered Mrs. Coleman's Provided For in Will of Andrew Freed- he

will properly executed and witnessed.

Mrs. Coleman by this will leave the
whole of her estate to Brockman with NEW YORK, December S .- Andrew the exception of a legacy of \$200 each to her sisters. The other heirs will Freedman, an intimate friend of Rich-ard Croker, and who died in this city contest the will. on December 4, provided in his will that half of his residuary estate, esti-

J.B.Mosby & Co.

Among Other Why Not

Comfy Felt Slippers



The Slipper illustrated is the Peerthappy, bright, alert—vigorous and vivacious—a good, clear skin; a natural, rosy complexion and freedom from illness are assured only by clean, healthy blood. If only every woman and likewise every man, could realize the wonders of the morning inside hath when a gratifying older.

The Slipper illustrated is the Peerless at \$1.50, in pink, blue, lavender and old rose, trimmed with ribbon; felt and kid soles, durable and beautiful.

Tailor-Made Comfy Slippers, in Oxford gray, brown and red. \$1.25

Oxford gray, brown and red. \$1.25

Comfy de Laixe Slippers, made of the best quality felt, trimmed with of ribbon, \$2.00.

Misses' and Children's Felt Slippers, in red and blue, \$1.10 and

able change in both health and ap-pearance awaiting those who practice internal sanitation. We must remembeautiful lace yoke. Some trimmed around the bottom with fur.

FEDERAL AND STATE AID FOR ROADS TO BE SOUGHT

Draft of Bill for Presentation to Con gress Reviewed by State High-

ways Association. CHICAGO, December 8.—Plans for obtaining Federal and State aid for a system of good roads throughout the nation were discussed to-day at the

Congress was reviewed.
Under the proposed bill, the establishment of a fund of \$500,000 for road the evening. building was outlined, half of the At King William Courthouse she was bill to be assumed by the nation and allowed to speak in the courtroom by

ramento, Cal.

Secretary-Joseph Fratt Hyde, Chapel

Coleman, Richmond, Va.; W. M. Schler. Boston, Mass.; J. H. McDonald, Ames, lowa; E. A. Stevens, Trenton, N. J.; Lamar Cobb, Phoenix, Arlz.

MISS RAMSAY MAKES ADDRESS ON SUFFRAGE AT WEST POINT

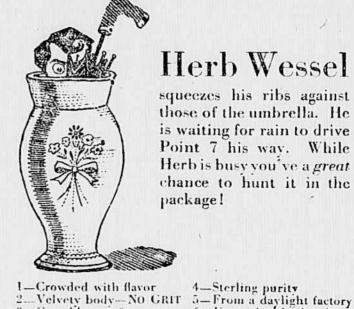
[Special to The Times-Dispatch.] WEST POINT, VA., December 3 convention of the American Association Miss Endora Ramsay, under the ausof State Highways Association. A pices of the Equal Suffrage League of draft of the bill to be presented to Virginia, spoke at King William Courthouse yesterday, and at West Point in

half by the States. In the distribution the courtesy of Judge Clargett B. of this fund, the bill provides that one third shall be given to each State on the basis of post roads in operation, and the remaining third on the basis of area. The actual work of road building would be carried out by each State highway department of Agri-State of this fund, the bill provides that one-third shall be given to each State on State highway department under the supervision of the Department of Agriculture.

Officers elected for 1916 are:

President—Henry G. Shirley, Baltimore Md.

State highway department under the evening to a large audience of both men and women. After speaking forty-one minutes she accepted an invitation from the proprietor of a local theater to speak between reels at a moving picture show, Miss Ramsay will be picture show, Miss Ramsay will be remembered as the daughter of Rev David M. Ramsay, who was for several years paster of the Grace Street Bap-tist Church, Richmond. In the meeting STreasurer—P. F. Rogers, Lansing, here Crosby Thompson, president of the Old Dominion Industrial Corporation, Executime committee — George P. introduced Miss Ramsay.



3-Crumble-proof

Herb is busy you've a great chance to hunt it in the package!

4-Sterling purity

6-Untouched by hands 1 What?



The 7-point gum CINNAMON - BLUE WRAPPER

Suitable rewards for the discovery of the 7th point will be offered later.

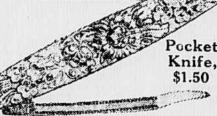
Stieff Silver



CREAM OR MAYONNAISE LApattern; sterling silver.... \$2.50 SUGAR SHELL-Stieff rose design; sterling silver; a pop- \$1.50 OLIVE SPOON AND FORK-Sterling silver; Stieff rose pattern

6 TEA SPOONS-Sterling silver Stieff rose pattern; one- \$5.00 half dozen RONBON SPOON-AL

gift; sterling silver; Stieff \$1.50 pattern



Other designs, heavier in weight, at higher prices. MAIL ORDER DEPT. Exceptional care is taken to please our out-of-town patrons. Corre-ordence solicited. Hustrated Catalogue Upon Request.

THE STIEFF CO. 17 McLANE PLACE

(Formerly Liberty Street).
FACTORY—311 W. GERMAN ST. SILVERSMITHS.



OLIVE SPOON AND FORK

Sold singly, each \$1.00

rose pattern.

Sterling silver; Stieff

of two pieces ... \$2.00

Again We Say to You



DRS. BYBEE & CREASY

Examination and Consultation Free.

Rooms 200-7-9 Lyric Bldg. Phone Randolph 359. Not Medicine—Not Surgery—Not Ostcopathy.

That pressure on the nerves as they emerge from the spinal column is the cause of most diseases. We remove the cause by Chiropractic Spinal Adjustments. People who say it can't be done are being interrupted daily by some one doing it. And we are doing that very same thing daily at our office, on SECOND FLOOR LYRIC RLDG.